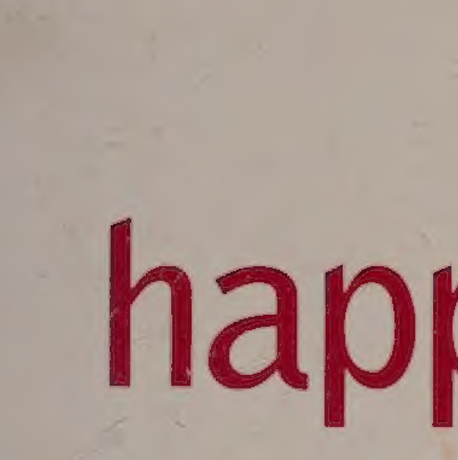
CD INCLUDED

happiness

meditations for realising your dreams & destiny

















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meditations for realising
your dreams & destiny



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alana
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cd track listing

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1. Sunshine Within 23.07

2. What Am I Supposed To Do With My Life? 28.35

3. Activate the Law of Attraction 27.21

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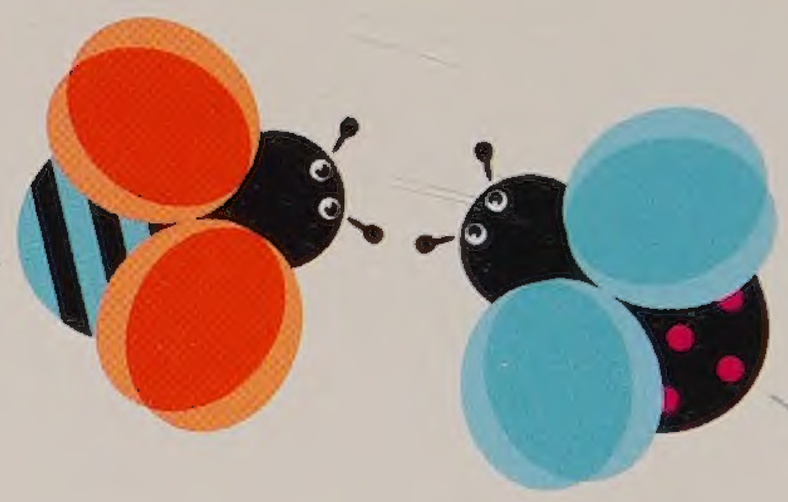
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Music and production by Alana Fairchild and Glen Schollum

Mastering by Shoehorse Sound

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alana fairchild

happiness

meditations for realising
your dreams & destiny

BLUE ANGEL® PUBLISHING

dedication

This book is dedicated to those who are brave enough to dream of a better way to live – a happier life, complete with inner peace, purpose and prosperity. You are daring enough to ask if there could be more to life, a meaning and abundance that is not only material, but deeply soul-satisfying, as well. The short answer to such deep thoughts is, "Yes, there is." This book and CD have been created to help you find your way into your happiest, most purposeful and prosperous life. May you relax into the process and enjoy the journey.

today i choose to feel ease and
grace in mind and body.

* * *

happiness and peace are in
my heart and mind every day.

life wants me to
grow and succeed.

all that you want in your life – happiness, the joy of inner peace and a passionate sense of purpose for your life – is available to you. Not only in some distant future, after you've gone through various trials and tribulations, but right now.

Trusting in the unfolding of your life – believing that all things can help you if you work with them from a positive perspective – might seem like a strange idea at first. Yet it is the key to transforming even the most challenging time of your life into the greatest opportunity for happiness that you will ever experience. It is easy to be grateful during a feast, but during a famine? Well, if you can manage to see the glass as half full, rather than half empty, as the expression goes, then you'll be empowered to feel happiness, peace and purpose through the challenging times in life as well as through the good times.

Imagine that for a moment. Imagine you could feel peace and happiness within, no matter what. Imagine that you could wake up tomorrow morning and the doubt, confusion and crippling sense that something's missing could be replaced by a quiet peace and inner purposefulness. You would know in your bones that you are finally living the life you are meant to live. You would feel like you've finally found your rightful place in the bigger scheme of life – that you are doing all that you are meant to be doing, experiencing all the wonders that are meant for you.

Sometimes the fantasy of happiness, peace and purpose – and prosperity if that is something that you feel you could stand to experience a little more of in your life – is so wonderful that you cannot really believe it could be possible. You might believe that it is little more than fantasy. Or, if it is a reality, it is only for a very few, lucky people. Yet the experience of passionate purpose, inner peace and everyday happiness is absolutely possible for you. It is your birthright as a human being. If you are not experiencing this as much as you would wish, it doesn't mean that you are doing something wrong. But it does mean that the rules about how to live, how to think and what you should believe are wrong. They are not serving you. They are not giving you the results that you want – and deserve.

So we come to a well-known expression: "Insanity is doing the same thing and expecting different results." You've probably heard this saying before – or if you haven't, you probably understand it straight away. If we want things in our lives to change, if we want our life experience to be different to what it has been, then something's got to give! Whilst some people are genuinely frightened of change – because they don't trust that they will be OK and prefer 'the devil they know, to the devil they don't' – many people are willing to change in order to be happier and more at

when i let go, my life works out exceptionally well.

peace. They just aren't quite sure how to go about it.

i am always ready to give and receive more.

This book and CD have been created to support you in making a change. It will be the most pleasant, enjoyable and relief-giving change you may possibly ever experience! This is what I call, 'your spiritual homework.' It's the work you do to improve your inner world – of thoughts and beliefs and feelings – so that your outer world can change, too. What you think, feel and believe has a direct bearing on what you experience in your outer world. It's as simple as a rainy day. Do you look at that rain-soaked garden with pleasure and imagine how beautiful the flowers will be after the downpour? Or do you complain about the rain because you cannot enjoy lying in the sun that day? It is the same set of circumstances, but with two different responses. It all depends on how you choose to look at what's happening and what meaning you assign to the circumstances.

And it doesn't stop there. That initial judgement – whether you see the situation as something that has a benefit, even if there is a temporary restriction, or view it as something that ruins your plans – will carry through with you for the day. How will you respond to the people that sell you your morning coffee? Will you complain and share the bad vibe? Or will you smile and, genuinely feeling good within yourself, share that

peace with them, too? Will your bad mood translate into that moment you hit a snag in your work, and wonder if this is the beginning of a rotten day and adopt a what-else-can-go-wrong attitude? Or will your good mood translate into a can-do attitude towards whatever curve balls life throws your way that day?

We all have our grumbly moments. You can choose whether or not you continue to feel bad, however. The tools in this book and CD will help you learn how to get yourself into a more peaceful and happy state. If you choose to believe that life has good things in store for you, when something isn't working, you can trust that going through the process of solving it is a way to learn the loving and helpful lesson that life is teaching you. You might choose to believe that life is not trying to harm you, but to help you (even if you don't know exactly how in that moment). In these ways, you are taking control in a loving and responsible way for how you experience your life. You don't let the downs in life get you down – or, at least, not for too long.

Does this mean you won't have anger or sadness anymore? That you're not supposed to have difficult moments? Of course not! You are still meant to be what you are born to be – an interesting and unique human being. There will be things that happen in your life that you will celebrate, and other things that, even when you are choosing to see them as, ultimately, helpful learning experiences – you still be very

happy to see the back of! The difference is that you will have the choice to see even those more difficult moments as part of the greater plan for your purpose. You'll be able to have that reassuring and peace-creating belief that life is actually helping you – even through challenges. You won't feel that you have to fight against life but, rather, grow with it. The world will seem to be a friendlier place, and you'll have more trust in what is happening. You will expend less energy on anxiety and doubt and depression – and there will be more energy available for you to feel good and to use to take action to discover your dreams and desires and bring them to life. It's just a nicer way to live, and it's available to all of us.

i give and receive so freely. i feel generous, trusting and abundant.

You'll realise that life loves you. It wants to help you, and if you are open and trusting, coming from a place of peace and happiness within (at least more often than not), life is more easily able to give you all the help you want and need – plus plenty of extra surprise bonuses along the way. It's the difference between offering a comforting hug to someone with their

arms crossed defensively over their chest, and someone who is open to receiving all the love and reassurance you want to offer. Life offers us comforting signs and reassuring words, empowering opportunities and loving reminders of our amazingness on a daily basis. We just need to be willing to receive them. We need only see what is right in front of our noses most of the time.

If we are stuck in a fearful, doubting mindset that interprets all experience through a lens of negative attitude and fear-based beliefs – as so many of us are taught through mass media and social conditioning – then life can't bring us the comfort that we need as easily as it could if our attitude was more open. It's not about being a good person or a bad person; it's not about deserving a lucky break or not. It's quite simply about your inner world of thoughts, beliefs and emotions. If you work on those, the rest of your life experiences change naturally in time. Then your birthright of wellbeing, happiness, peace and a clear sense of purpose and meaning will follow suit.

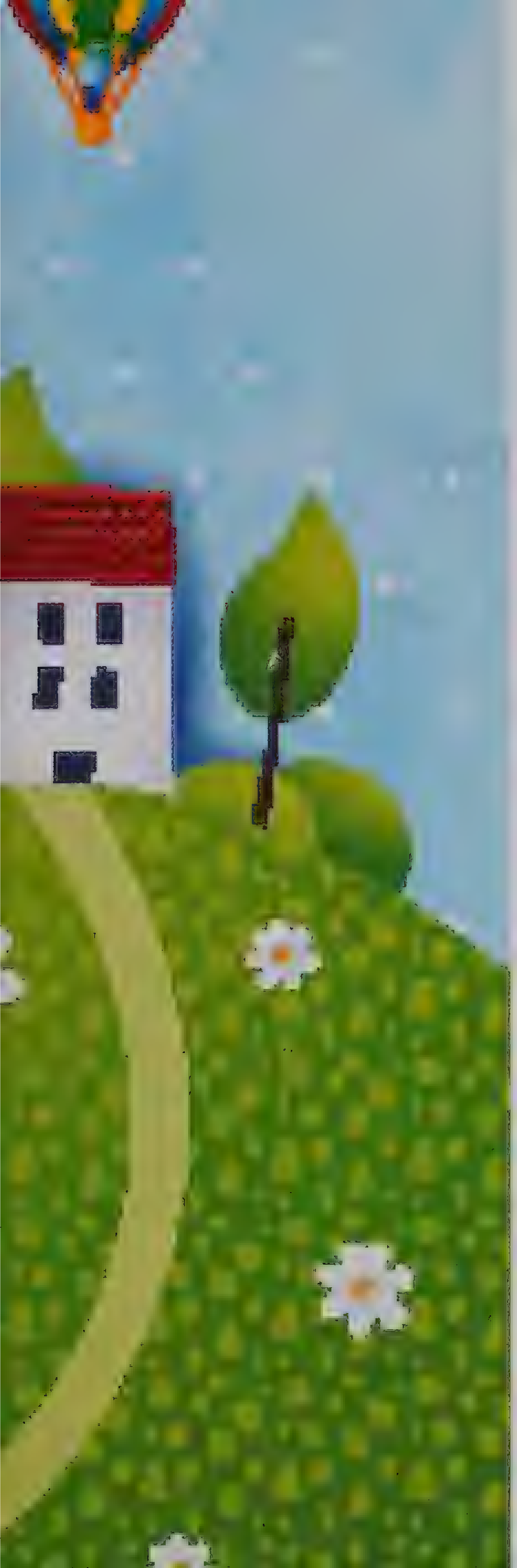
It might sound like a lot of work, but actually it's pretty simple. It's like beginning to eat a diet with tastier and healthier, natural, unprocessed and deliciously nourishing food. After a while, you don't want the processed stuff, like you used to. You realise that eating a different way feels really good, and it makes you happy. You don't have to use will power. You don't have to fight against yourself every day to be 'good.'

You simply prefer this new way, and that's what you naturally gravitate towards, more and more often.

That's what you'll be doing as you use this CD and book program. You'll be giving your mind the different 'food' of happier and healthier thoughts, feelings and beliefs. You'll be changing your mental diet. And just as if you changed your physical lifestyle, you'd have more energy and peace to a degree, when you change your mental lifestyle, the positive effects are plentiful and often surprisingly dramatic. You'll be doing your spiritual homework and enjoying it. Will you need to go through change internally and externally as the process begins? Yes, absolutely. But you'll be feeling more trusting of life and its love for you, and you'll become curious, welcoming and happy for the changes that bring so much goodness, happiness, purpose, prosperity and peace into your heart and your life.

life helps and
protects me
with perfect
timing in every
way.





my talents and
strengths have
been given to me
for a purpose.



Want a quick way to generate more prosperity in your life? The Universe loves to give to those who give. It is the Law of Attraction in action. So what can you give? Money, time, energy, a smile, an open and positive attitude, a helping hand. Think of yourself as a very generous soul, and a very open and receptive person. Think of the Universe as a divine mirror. Then ask the Universe, "How can I give to you today?" and the Universe will be asking you the exact same question. What you put out to the Universe will come back to you.



i am comfortable in letting go.
i trust that there is always more
headed my way.

how to use this book and cd

You can read this book all at once – or just a page now and then, when you feel you would like to do so. With the CD, you can explore all three tracks as one longer feel-good journey, or pick and choose each track, based on what intuitively feels right for you at the time.

You are encouraged to use this book and CD daily during difficult times – even if it means playing it at night and falling asleep mid-way through. The effect of the words will still be taken in and healing will still take place. It's probably the easiest form of inner work you'll ever do – just press 'play' and rest. It's best to use it around bedtime, of course. But you can also use it at any other time it is appropriate for you to have a physical rest – before a big or stressful event, for example. Again, you may well fall asleep while listening, so set a timer if it is necessary for you to awaken at a particular time. Obviously, do not use this CD whilst driving or doing anything that could be potentially dangerous or harmful if your attention is not on what you are doing. You might not realise just how much this program is affecting your consciousness, so take care of yourself. Schedule your use of it wisely.

If you feel a profound resistance to listening to the CD, then something within you is not yet ready to let go. There is nothing wrong with this, but you also want to challenge yourself in a loving way. Take a break

for a day or so and then come back to it again. Don't force yourself, but don't deny yourself the opportunity for change either. It is very natural that a part of the human mind resists change. Our Universe is a blend of creative, destructive and stabilising forces. It is how life can flourish. Too much of one and not enough of the other is not good for life. We human beings are natural creatures and the same rules of nature apply to us and our experience of wellbeing. When part of you needs to rest or remain where you are, don't worry – but in due course, do nudge (rather than push) yourself into this process of healing.

This material is safe for people of all ages, even for children. If you are on medication, working with a psychiatrist or have a history of mental illness in your family – or even working with a therapist or counsellor or other alternative health practitioner on a particular matter – please do let those professionals assisting you know that you are using this program. Your responses to it may be so profound that your medication or treatment may need to change. Some practitioners may be very encouraging of this work; others may not understand or respect it. Their response doesn't matter. What matters is that the innate intelligence in you has attracted you to it. Trust that. Work with this program and find out for yourself if it is effective by giving it enough time and attention to work for you.

i am very
open to new
opportunity.

in a world where we are taught that more effort creates better results, it can seem counter-intuitive and counter-productive to let go. We can find it hard to believe that a big challenge could be easily solved. But it can be. It happens every day. Learning not to impose our own negative expectations upon a situation is a very important life skill. It helps us worry less and allow the Universe to work its creative genius in our favour.

In the depths of your love for particular activities or causes lies the seed of your purposeful passion. Be bold and completely honest about what you find exciting and what makes you happy. Remember, the Universe is brilliant and creative and operates according to wisdom far beyond our limited belief systems. For me, this was revealed in the fact that I have ended up in a career that has been in creation and evolving as I have been. It didn't exist before I began to take the journey of allowing it to happen through me, so I couldn't see what it was in advance.

I was truly despairing of what I was meant to do with my life for quite some time, because I passionately wanted meaningful work, yet there was not a job that I could imagine to fit the bill. I still find it a bit difficult to come up with a job title for what I do. Yet my life purpose – and a key part of that for me is my work – is happening now as I take my own life journey. Opportunities emerge and new pathways to serve unfold. You don't have to understand how a life purpose and meaningful vocation can come out of your love for watching movies, dancing in nightclubs, creating crazy outfits or growing an organic vegetable garden. It will happen anyway. You just need to be willing to be honest about who you are and trust that life will help you with everything else.

how often and for how long should you use this material?

It is safe to use this program daily – and for days, weeks, or even months at a time. It will not harm you. Like any new habit, though, it can take some effort to remind yourself to use the CD before it becomes second nature to press 'play' before you go to bed at night. In time you will probably very much look forward to listening and even feel a natural inner desire to listen to the CD – even if that just means falling asleep to it at night. This is natural and healthy. It's similar to craving a particular food when your body needs certain nourishment. The instinct for life within you is letting you know that there's something good and nourishing in this program – and it wants it!

You'll also naturally want to take a break when the time is right for you. You need to let the changes settle, then give yourself some breathing space. You might come back to it later on again. This might happen every few days, or after a number of weeks or months. The innate intelligence deep within knows what you need. Trust yourself, trust your feelings and give yourself a chance to explore this material in your own timing and in the way that works best for you.

But it is important not to give up on it until you start to notice results –

no matter how long that takes. Results will come in time. The amount of time required for a noticeable change is going to be different for each person. For one person, it might take days; for another, it might be months of use before there is noticeable effect. You can imagine it like a cup being filled drop by drop. You won't necessarily know which drop will be the one that causes the cup to start overflowing, but if you keep adding drop after drop, eventually it will happen. It just depends how full or empty the cup was to begin with.

What if you stopped and only one more drop was required for you to gain the full benefit of the process? Don't give up on your right to healing and help. Keep going. Be patient. Trust in the process. It will happen for you. You deserve it.

what i want and need arrives
in my life with perfect timing.
the universe provides for me.

i am comfortable receiving.
i gratefully accept
so many gifts from life.

have you heard of Icarus? In the ancient world, he was said to be a very bold young man with an intense desire to fly. His father, Daedalus, made wings with wax, which he gave to Icarus. When Icarus began to soar, he got too bold, and flew too close to the sun. The wax melted, he plummeted back towards the earth, and that was the end of that. Like Icarus, whilst we have to contend with the laws of nature while living in this body, most of the limits we believe are imposed upon us by time and circumstance are actually creations of our own mind. We are capable of far more than we think is possible. To tap into that enormous potential and take risks (sensible rather than stupid; we can learn from Icarus's error), we have to get some of our own unnecessarily self-limiting beliefs out of the way. Then we can stop holding ourselves back from what we could do, if only we allowed ourselves to take a chance. The best way to do that is to imagine an idea so inspired and exciting to us that we cannot help but want to take a chance on it. If you need some help to come up with such an idea, try my simple 'Life Without Limits' questions. What are the things that hold you back? And what would you do if they didn't exist? Or, to phrase it more colourfully, "What would you do if you had a billion dollars, a time machine and unlimited energy?"

how does this stuff work?

The main point is that it does work – in a positive, safe and helpful way.

Quantum physics has proven that when you change the way you look at things, the things you look at change. The attitude, beliefs and expectations we hold have an effect on how circumstances unfold in our lives. What happens within the observer has a measurable impact on what is observed.

With our attitude, we really can do more than just see the glass as half full, rather than half empty. We can actually contribute to a situation to change it – for better or worse – by either bringing out the best and enhancing that or by focusing on the negative and increasing that. The power we have within us is considerable, and it's always been there. What is most helpful is learning how to use it in a way that brings us results we like. If we don't do this, one of two things will happen. The best-case scenario is that we will remain unaware of how much power we have to generate the quality of life we would like to experience – and miss out on opportunities to create the amazing and beautiful experiences that the Universe is happy to send our way. Or perhaps we might use our power to make our life more difficult for ourselves, which is the least fun way to use (or unintentionally misuse) our power.

Rather than believing that happiness, peace and purpose have to come to us from outside events, when we take control of our attitude, we can create a template to experience them now. Then the outer change is an added bonus, not something we have to wait for, feeling that only then can we be happy. In this way, we empower ourselves to create an internal state of being that feels good, no matter what's going on around us. We don't allow another person, or even our own belief systems, to steal our joy. Instead we focus on what it is that tends to enhance our joy – the thoughts we think, the way we choose to live, the responses we choose and so on.

When we practice living in these ways, what do you think happens? We become happier! It's so simple. Although sometimes it's very hard to implement. We fear the simplicity. We don't trust life to sort things out according to its great natural intelligence, and we try to control people or situations, or enact revenge or keep score. We just don't need to do those things. It isn't that you are 'letting people get away with something.' It's that you are freeing yourself from having to carry another on your back – another who is weighing you down and making it more difficult for you to choose happiness for yourself in that moment.

The Indian sage, Mahatma Gandhi encouraged human beings to, "Be the change they wished to see in the world." This is the 'trick' to the Law of Attraction and manifesting a life that feels right, good and true for

you. It is about learning to hold a certain attitude that is attractive to what we want to experience in our lives. If we want love, we feel loving. Whether we direct that love towards ourselves, another, a plant or a dog on the street – or all of the above – it matters not. What matters is that we start to feel the way we would feel if our vision, dream or desire had already come true.

It's like catnip to life! Good things cannot resist that feeling of happiness and joy in you! There's a saying that goes, "A pleasure shared, is a pleasure doubled, and a trouble shared is a trouble halved." The Universe operates in this way, if we are willing to trust it. If we choose to feel the pleasure of life, guess what life returns to us? Joy. If we choose to trust and honour life, guess what life sends back our way? Opportunities, gifts and assistance in all sorts of ways. Our positive attitude is very attractive to life. It's like the proverbial bee to honey, the moth to the flame. Nature takes its course, and we receive what we are broadcasting with our thoughts, beliefs and attitude.

If this all sounds a bit out there, just imagine this example. Two people are going for a job interview. They have the same qualifications and experience. One is positive about their abilities, grateful for the opportunity of the interview and enthusiastic about the position – whilst also believing that if this isn't the right job for them, something even more suitable will come along. The other is certain they won't get the

job, that things are going to continue to be tough in their life, financially and professionally, that this might not be a good place to work anyway, and they wish they weren't needing to apply for a job at all.

Both people have attitudes that feel true for them. Did they choose them? Yes. Will one attitude be more likely to kick in the Law of Attraction in a positive way? Yes. Is the person with the positive attitude better than the person with the negative attitude? No, not at all. But will the person with the positive attitude be better able to manage stress and make a favourable impression that will open doors and present opportunities – even though their skill level might be exactly the same as the other candidates? Yes.

Sometimes the fearful person is a strong-minded one. They might use their negative attitude to bully and push their way through life, trying to dominate and manipulate their way to their version of success. I have met people like this, and I can honestly say that any success that involves you having to become a person that you don't respect, love, admire and enjoy being isn't success. It isn't even close.

love, luck and
laughter fill my life.

life guides us towards our destiny every single day. It might be the little, apparently insignificant moments, or the big, bold, choice points – but no matter how dramatic or subtle, the guiding hand is there. From choosing to speak up in a conversation, to leaving a relationship that you thought was your entire world but turned out to not be healthy for you, the choices you make that feel truthful to your own heart are the agreements that you make with your own destiny. You are saying, "I know you are calling me; I know you are in me and real and true, and I believe in me, and I believe in you." So you say, "yes" to what is happening – even when your mind might be wondering if you are making it all up or just about to make a massive mistake that you'll regret forever! Instead, you'll take the risk of being alive – even if that means learning as you go and giving up on the need to know everything in advance.



there's an expression that says, "If you don't feel afraid at the prospect of your dreams, they aren't big enough for you." I think there's grace in that. We are capable of so much more than we realise. It's not some clichéd statement; it's actually true. I have seen it in myself and in others. We are the birds that sometimes need to be forced from our nests to discover that we can fly. So sometimes life gives us a shove. If we don't trust life, we'll be afraid and try to pull away. If we trust life, we might be afraid for a moment, but we'll believe that when life believes in us, there's good reason for it, and we'll have a go at whatever opportunity or challenge (they can be the same thing, of course) is before us.

how does all this relate to my life purpose and prosperity?

Many human beings have been taught that if they want to live their life purpose, they will have to struggle to be prosperous. This is often particularly the case if one is drawn to a profession or lifestyle that isn't particularly business-oriented, such as careers in the arts, psychology, healing or creativity in some other form. There is a pervasive belief in 'the starving artist archetype', which is the belief that you have to sacrifice material wellbeing if you want creative fulfilment. Yet there is no absolute truth in such a statement – unless we choose to believe it and empower it with our expectations.

There's an expression that says that when we step onto our right path in life, the path that is truthfully about who we are, "the heavens become gentle." Think of it this way. Imagine that a bird believed that it was meant to be a fish. It spent its life trying to breathe underwater and wondered why it wasn't able to do so as well as the other fish. It ate food that it didn't really enjoy eating and that didn't really nourish its body – and it always felt as though it didn't really fit in, like there was something that was supposed to be happening that wasn't happening. It began to wonder if there was something wrong with it!

Then one day, the bird just couldn't summon the energy to dive under the water and eat ocean algae and struggle to breathe. It just decided it was going to enjoy being perched in its tree. It was going to stretch its wings because that felt really natural and good. And then it was going to fly. It decided to be whom and what it was born to be. Life became more free, joyful and natural. Were there still challenges? Sure. But there was so much more happiness, because that bird was no longer trying to live unnaturally, to be what it was not.

We have been trained – most of us from childhood – to fit into a way of living that we are told is normal. Yet there's nothing normal about a bird trying to be a fish. Living a nine-to-five lifestyle might work for you – but, equally, it might not. Studying a profession because your family believes it would utilise your talents or fulfil your duty and keep you 'safe' might well be your version of a bird trying to be a fish. My version of this was completing a law degree and considering becoming a barrister. I was far better suited to a bohemian lifestyle that was creative, free and just a little eccentric. I still work hard, but this work brings me satisfaction and joy. It is the effort of using my wings, rather than trying to hold my breath underwater. It is the right effort for the right thing – being and living as my own true self.

Prosperity, in the true sense, is financial support and material well-being. It is also an abundance of laughter, joy and happiness; a deeply

satisfying and enriching, purposeful work or lifestyle; and relationships that bring us love, friendship, mutual respect and affection, passion, tenderness and trust. I have met people who have a lot of money in their bank accounts, yet who are not successful, happy and prosperous. They were not living lives that I found inspiring for my own life journey. Prosperity can include material wellbeing, but that alone will not provide genuine happiness and peace. One also needs love and a sense of purpose in life, no matter how all-encompassing or relatively simple that purpose may be for each individual. Prosperity is a way of living.

So in this program, I'll be guiding you to find you own definitions of success, prosperity, peace and purpose. For you to be the creature you were destined to be, that you truly are now, you have to be willing to figure this out for yourself. I'll help you – and the Universe will help you too – a lot, actually. But the willingness to take the risk of discovering and being yourself will always be your choice to make. Without making that choice you will be unable to discover your life purpose and to live with as much prosperity and happiness as possible. This is, quite simply, because your life purpose is not a job that is separate from you. Meaningful work is often a part of your life purpose, but it isn't just a job. It is a way of living and being that feels like you. It is part of you, an expression of you.

my life has special purpose that is meaningful to me.

i like what is different about me.

If you are willing to grow into yourself, you'll discover that there are so many wonderful things that you can do with your life, so much creative potential and so many ways that you can give and receive love in this world. So much happiness is there for you, dear one. You just have be willing to believe and take the next step. You've already taken one step in reading this far. The next step is to listen to the CD and trust in your process – and in the fact that the Universe wants your success for you, too, and will help you in all ways to create it.

Whilst we'll be focusing on prosperity, peace and purpose during the guided exercises together, you can expect benefits in all ways as you do this work. Your health, your attitude, your life experience and the way you feel about yourself will all change for the better. This material has been created to help you change your mind and to change your life. The more you listen to it, the more you read these words, the more powerful that process will be. There's no need to be afraid of giving yourself the opportunity to really do this work and stick to it until you feel the changes you want in yourself and in your life. There's also no need to be afraid of change. Change is the way good things come to you. Open your arms to peace, purpose and prosperity. Open your arms to all the good that wants to be in you – as you – and let your life happen.

what if I can't visualise?

You just need to listen to the words on these CDs, and that's more than enough. If a visualisation is suggested, that can enhance the healing process, but it's an added extra rather than an essential basic ingredient. So if you can't visualise, don't worry. The material will still work for you, even if you aren't a particularly visual person.

Your visualisation abilities will improve with practice, however. You can practice by pretending or imagining instead of visualisation. Or you can focus instead on what an image would feel like for you, rather than feeling frustrated that you cannot visualise it. Can't visualise the sun? You could imagine how it would feel to be in the pleasant warmth of its light, how your body would relax in the gentle sensation of the sunlight. And if even that seems too challenging for you, there is no need to worry. The material will still work for you. Just relax. Listening to my voice will help you gain all that you need. The tone and quality of the voice is enough to get the job done.

it's safe for me to trust in the great
loving intelligence of life.

my well-deserved success is inevitable.



the law of attraction and relaxation

Many of us have learned that, in order for something to happen, we have to make it happen, usually by willpower or force. There is an easier, more pleasant and more effective way to solve any issue in your life. That way is to relax. When we are working with the topic of prosperity – whether the focus of that for you is an abundance of love, money, happiness or energy in your life – working with the law of attraction, through relaxation, is essential.

Have you ever been put off by a very pushy direct-marketing experience of a hard sell, when someone really wants you to buy something? If that's coming at me, I instinctively recoil. If it's on the radio or television, I want to switch it off. If it's coming from a person, I side-step and go on my way. It's a natural reaction to an aggressive force. One is repelled. Your repulsion might come out in an equal amount of aggression, as you argue or try to assert your own opinion. Or, perhaps like me, you prefer to let it slide right by you. Like an animal hissing at a perceived threat, we use the force of repulsion when we don't want someone near us. If we use similar force in going after something we want, what do you think is going to happen? Unintentionally, we will repel what we want to attract – whether that be a person, a job opportunity or a cherished dream coming to life.

This doesn't mean that it's bad to feel desire and yearning, or to passionately pursue what we are seeking. We can experience all those things and still learn to use the Law of Attraction to our advantage, rather than unintentionally kicking the law of repulsion into gear. We can take the initiative, but also learn to relax and let the good things come to us naturally – which, if we allow some space and positive attitude, they will do. We become like the gardener. We plant the seeds and let them grow, fertilising them with our choices and feelings, and trusting that life – and its intelligence for growth – will do the rest. We don't try to force the seed open or pull the shoot to make it grow faster. If we do this, we will end up killing it with too much force before it even has a chance to grow into fullness! Some of this is about patience, but that doesn't mean we have to sit around waiting and doing nothing. We can get active with our attitude, with learning how to relax, with building up a storehouse of positive energy and feelings in us. We become an attractive and magnetic energy – rather than a repelling force – for what we'd like to experience in our lives.

When you relax, the good stuff can happen. Our Universe actually wants to help us. It wants life to happen, for living creatures to have an experience of life, to thrive and be what they were born to be. When we distrust and doubt the helping hand of the Universe, we can unintentionally live at cross-purposes with life. Things become harder than they have to be. We worry when there actually is not anything that

needs to be worried about. We can feel alone, stressed, anxious. We can have problems with our health, work and relationships because of the pressure of those emotional reactions. We start to believe in negativity and pessimism. Our energy drops, and a spiral into fear isn't too far away. We lose patience and trust and try to force life to bend to our will, rather than putting our energy and effort into managing our own responses and attitudes.

Yet we can always reverse this trend. We can always choose hope and happiness. And in doing so, we relax and open up to the Universe. Learning to relax is a skill and an art. You'll get some experience and practice of doing this through this CD.

Relaxation isn't denial. It's trust. It's a belief that things will be sorted out – and all the more easily when we let go and trust in the innate intelligence and instincts within us, as well as the helping hand of the Universe is always willing to assist. It's the trick that plugs us into the Law of Attraction and allows those seeds of desire to translate into living destiny.

So let's take a relaxing, empowering journey together, now, to help you discover your desires and dreams and translate them into your destiny, all whilst living with peace, purpose and prosperity – and so much everyday, ordinary happiness – from now on.

audio cd:
guided audio exercises
for your happiness now

TRACK 1 – SUNSHINE WITHIN (23:07)
Slip into this guided relaxation for instant peace and happiness. Yes, it can be that easy. It's time to clear the fear and feel the reassuring warmth and healing love that is within you. Give yourself permission to receive this gift of happiness now. Just because.

TRACK 2 – WHAT AM I SUPPOSED TO DO WITH MY LIFE? (28:35)
Discover your desires, dreams and destiny. You have purpose for your life and something truly unique to become and express in your own way this lifetime. Explore your true self and uncover your passionate purpose and most meaningful, deeply soul-satisfying life. Live the purpose you were born to live and become all that you choose to be.

This exercise will activate your subconscious mind to attract events, opportunities and insights into your life over the coming days, weeks and even months. According to your own timing (based on how ready you are to let go of fear and embrace your destiny) you will be given all

you need to realise whom you are and what you are here to do with your life. We bypass the conscious mind in this exercise. Understanding and insights will more likely come after you have completed the exercise, although you may have insights during this exercise, too, of course.

The exercise is a practical one. It is about opening you up to take the journey and live your destiny. It will get things happening in you and in your life to show you what you need to know – at the best time and in the best way. You might ask, "Why can't I just see it all now?" But would you ask a student at grade 1 to do grade 5 level homework? Or would you read the last chapter of a book and be able to make sense of it if you hadn't read the preceding chapters?

When you are talking about your life purpose, it is a growth process. If you don't know what your purpose is, then it's just a matter of growing in self-awareness to figure that out. It doesn't have to take a long time. The insights can come suddenly and with so much clarity when you are ready. This exercise will get you ready to be shown, and although you can repeat it weekly for at least several weeks to gain a powerful impact in your subconscious mind, also know that it needs to have time to bear results over the days, weeks and months following. Growth needs time. For you, that time might be very short. For another, it might take a little longer. It all depends on how willing you are to unconditionally trust the process that you will be led through in this exercise.

TRACK 3 – ACTIVATE THE LAW OF ATTRACTION (27:21)

You can attract what you want into your life – love, abundance and prosperity, blessings, peace and happiness. Think of the Universe as a great smorgasbord of opportunity and experience. Be guided to become the change that you want to see in your life – to attract all that you dream of and desire into your world through the law of attraction.



When I began working as a spiritual teacher, I sat down with my diary and a pen and scheduled how my life was going to be, which is how I had learned to manage my life up until that point. Then I learned something valuable, which hurt a lot at the time – and has since become something I am profoundly grateful for. I was not in control of the larger process of what would happen and when. My job was to learn who I was and trust the inner guiding process. If I loved something, I was to explore that. Life would take care of everything else. Daily I was challenged by my own fear about giving up control and trusting that my very real physical concerns for putting food on my table (and having a table and a house in which I could live and place that table) would be met.

They were. Somehow, my needs were always met. Eventually I learned to relax and trust, and the whole process of my life path and purpose became increasingly creative, free and deeply satisfying. But it didn't start out that way. I had to learn how to trust myself and life before I could truly live my passionate purpose. Otherwise, taking risks was too terrifying, and I had too many conditions, fears and doubts to really let go and allow the magic to happen. It is the same for every person who wants more than a job, who wants a life – and perhaps also a career – with meaning. It starts with trusting ourselves, liking who we are and being willing to say to the Universe, "I'm here, I'm weird, wonderful and wild and most of all, I'm willing – to show up for my life, to trust your guiding hand and to let my passionate purpose evolve through my life choices every day. I'm willing to take the journey that is uniquely my own." That will be the most rewarding journey you ever take. It will literally be the journey of your life.

I always know when I truly am moved by something or someone because of what I am willing to endure to keep the project or relationship alive. I will work hard, I will test myself, I will choose to go into challenging situations and believe that I can evolve enough to handle it all. I will want to run and hide, but I won't. I'll keep going instead. I do this because I genuinely feel dedicated and devoted to my passionate purpose. I am willing to do for my purpose what I wouldn't be bothered doing for something that I didn't believe in. This is why passionate purpose brings out the best in you. You'll want to be the best version of you, and you'll need to be that version of you to bring it to life. This is passionate purpose. This is love. Real love.



final thoughts

One day, as I was writing a book, I saw a butterfly flitting about outside my window. It was absolutely pouring rain, yet somehow that little creature managed to fly jauntily through the spaces between those raindrops, free and happy as ever. It struck me as sheer delightful defiance – a willingness to feel the sweet happiness of springtime, even amongst the wettest winter downpour. I realised it was a metaphor for humans to live by, if we want to experience more happiness. It was Mother Nature reminding me that, "Happiness isn't about waiting for the thunderstorm to pass; it's about learning to dance in the rain." Rainbows will follow and the sun will shine again, too. Always choose to believe in the good things that are headed your way. Do this, and be grateful for all that you already have to be grateful for, and you'll become a spiritual master of your own destiny. Then you will attract goodness, joy and happiness into your life, whilst gaining the peace of mind that comes with knowing that life is working with you, not against you, to create your most beautiful, happy and deeply soul-satisfying life.

alana fairchild may not have met you yet, but she knows you. She knows that inside you is a beautiful, wise and strong being. She wants you to remember that, to trust yourself, and live a life you love, from the inside and on the outside too. If you want to find out more about Alana and her work, join her online: www.alanafairchild.com

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Happiness, that simple and sometimes elusive emotion, can be something that we take for granted – until we realise that perhaps we aren't feeling it quite as much as we wish to. Yet, learning how to feel happy again is not hard to do. Alana's soothing, hypnotic voice, and the healing rhythms and uplifting tones of the specially composed music will help you reconnect to the natural happiness within you. As you learn to relax and feel good, you'll easily be able to stimulate the Law of Attraction in your life to attract what you want and need from the Universe. By relaxing with these guided exercises, you can increase your happiness, discover your life purpose and be open to receiving greater prosperity in your life. Be supported on your journey of relaxation, attraction and creation – so that the life you live is truly the life that makes you happiest!



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